

Disclosure: No significant relationships.

Keywords: COVID-19; cardiac surgery patients; attitudes towards COVID-19; fatalistic ideas

EPV0183

The new role of telemedicine in child psychiatry in the period of pandemic caused by spreading of the COVID-19

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Introduction: In the period of Covid-19 both adults and children have a great number of the most varied negative social and psychological factors.

Objectives: The study of the necessity of telemedicine technologies for child and teenage psychiatric service.

Methods: During two month, parents of 128 children, aged 3-18, have applied for consultative help to the Department of Psychiatry, Psychotherapy and Narcology of the Ural State Medical University.

Results: In total, the number of consultations has grown by 23% compared to the same period of the previous year. The greatest number was connecting with emotional and behavioral disturbances that usually begin in childhood – 23.0%, neurotic connected with stress and somatoform disorder – 21.1%, and affective disorders – 14.1%. The least amount of cases were of children and teenagers with psychiatric diagnoses: disorders of a schizophrenic character – 7% and the mentally retarded – 6.2%. These data points that the limitation of the possibility of receiving a psychiatric consultation in person did not lessen the number of instances when parents of children and teenagers applied for help. On the contrary, this period showed a growth of the number of parents who applied for help, mainly due to the increase in the proportion of anxiety and phobia disturbances, plus behavioral disruptions. At this, the number of neurotic cases connected with stress and somatoform disturbances in children increased by 92.0%, whereas emotional and behavioral disturbances that usually begin in childhood increased by 45.0%.

Conclusions: Thus, telemedicine technologies in child psychiatry have proved to be an effective and necessary means.

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EPV0184

University entrance exam anxiety of adolescents during COVID-19 pandemic: Cognitive flexibility and self-regulation

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Introduction: After the first case of Covid-19 was emerged in Turkey on March 11, 2020, schools were closed distance education

began. On March 21, curfew was declared for people who under the age of 20. Subsequently, the date of the nationwide university exam was changed twice.

Objectives: This study has two aims. The first goal was to investigate the factors that affect the test anxiety of individuals who will enter the university exam during the Covid-19 outbreak. The second aim was to investigate whether the test anxiety levels of the participants vary according to the level of cognitive flexibility and self-regulation.

Methods: The study consists of 420 (284 women, 131 men and 5 others). The age range of the participants was between 18 and 21, with the mean of 18.33. Exam Anxiety Scale, Adolescent Self-Regulation Skills Scale and Cognitive Flexibility Scale were used to collect data.

Results: The findings indicated that women's level of test anxiety was higher than men. Those who do have concentration issues in distance education have high level of test anxiety. Test anxiety was higher for students whose household income decreased because of the pandemic. MANOVA results revealed that individuals with low test anxiety have higher 'self-regulation successful' scores and lower 'self-regulation unsuccessful' scores. Moreover, it was yielded that people with low test anxiety have higher level of cognitive flexibility.

Conclusions: Protective factors such as cognitive flexibility and self-regulation play an important role in individuals' management of test anxiety.

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Isolation syndrome in children: Clinical and psychological aspects in the context of COVID-19

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Introduction: In connection with the COVID-19 pandemic, in order to prevent the spread of coronavirus infection, a lockdown was introduced everywhere in the Russian Federation, the main psychological feature of which is social deprivation - the deprivation or restriction of social habitual real interactions.

Objectives: Describe clinical and psychological manifestations in children in the context of COVID-19 pandemic lockdown.

Methods: During the period from June to September 2020, parents of 108 children of early, preschool and school age applied for advice. Children are divided into two groups: I - children with previously established mental disorders; II - children who have not previously been observed for developmental disorder by a psychiatrist.

Results: Parents of children applied for counselling with complaints of psychological, neurotic and psychosomatic symptoms that were present in children during the period of lockdown. It was found that the active use of electronic gadgets, an abundance of alarming information from the media, can cause disturbances in the family system and become an additional risk factor in the developmental